



# **New Hope for People with Borderline Personality Disorder: Your Friendly, Authoritative Guide to the Latest in Traditional and Complementary Solutions**

*Neil R. Bockian Ph.D., Nora Elizabeth Villagran*

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## **New Hope for People with Borderline Personality Disorder: Your Friendly, Authoritative Guide to the Latest in Traditional and Complementary Solutions** Neil R. Bockian Ph.D., Nora Elizabeth Villagran **Discover Exciting New Treatments for Borderline Personality Disorder**

Now you can overcome the symptoms of borderline personality disorder (BPD) and develop a more positive outlook on life, *starting today*. Inside is a compassionate and complete look at the most up-to-date information on managing the symptoms of BPD as well as coping strategies for you, your friends, and your loved ones. This thoughtful book will teach you how to manage your moods, develop lasting and meaningful relationships, and create a fulfilling, happier state of mind. Your new world of hope starts now as you uncover:

- Effective methods for building self-esteem and minimizing negative thoughts
- Early intervention for children with BPD symptoms
- Information on how psychotherapy can help modify and enhance coping abilities
- Cutting-edge alternative and complementary therapies
- And much more!

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